



Sports Medicine and Rehabilitation Therapy (FY05-5012)

Note: this HPPI FY04 project was continued in order to facilitate development of a toolkit to make these resources widely available.

The health problem or issue

Soldiers who undergo surgery for injuries sustained during training or deployment need to be rehabilitated and returned to their units as quickly as possible to maintain unit integrity. In addition, these Soldiers must be deployment capable and physically ready in order to complete their mission.

Outcome

Functional rehabilitation for injured Soldiers using sports medicine and activity-specific drills will maintain unit readiness, return Soldiers to peak performance, and positively impact Soldier retention.

Unique and/or innovative program aspects

Soldiers use the same physical tasks and equipment they deploy and fight with as part of their rehabilitation. This serves as a transition between rehabilitation and full return to duty and deployment-ready status. MOS-specific physical training and rehabilitation is used to return Soldiers to peak performance. The program focuses on functional rehabilitation by simulating job specific tasks like equipment carrying, road marches, parachute landing falls, etc. This rehabilitation program also uses realistic training environments such as uneven terrain, sand, woods, and paved roads.

Demonstration of program effectiveness and/or impact

The effectiveness of this program demonstrated in this FY04 data:

- 98.5% of Soldiers enrolled in this program passed the APFT 2-mile run
- 100% of Soldiers showed statistical improvement using a standardized functional outcome measure
- 100% of Soldiers were retained on active duty
- 100% of Soldiers were made deployment ready

Impact on force readiness and deployability

This program prepares the Soldier both physically and mentally to return to Soldiering tasks, giving them the best opportunity for success. The program also ensures maximum retention of Soldiers who may have otherwise been discharged from the Army.

Impact on the HPPI portfolio

A toolkit for implementing a program to rehabilitate injured Soldiers using the same physical tasks and equipment they deploy and fight with is under development. Estimated completion date for the toolkit is December 2005.